



VOL.XXXV. NO 10

BROADMEAD, COCKEYSVILLE, MD

Summer, 2014

No Increase in Monthly Fees...

Trustees Approve \$18,014,387 Operating Budget

**Staff Minimum Wages Up
Merit Raises Approved
\$3 Million Capital Budget OK'd**

By Marcia Reinke

In what CEO John Howl described as a "huge decision in light of what we have learned in our studies," Broadmead's Board of Trustees has approved an operating budget of \$18,014,387 plus a capital budget of \$3,112,000 for the 2014-2015 fiscal year.

The Trustees also agreed to no increase in residents' monthly fees, even though the operating bottom line shows an increase of \$33,105 over what Broadmead expects to be the final tally when the books close for this fiscal year.

Key to these decisions have been several recent studies by professional firms which have compared Broadmead to its competition, have examined facilities, environment, rates and costs, plus resident and employee satisfaction.

Also key to these decisions is the assumption that occupancy, now at 89 per cent, will increase to 92.4 per cent by June 2015. Savings are expected on the labor side, Howl said, by staff adjustments, by initiating a "pay for performance" approach and by outsourcing some services.

In addition, some costs now designated as operating are being shifted, where appropriate, to the capital budget with the result that some improvements will be funded from entrance

fees, not monthly income. Entrance fee income is projected to be \$6.25 million in Fiscal 2015.

The largest increase in the capital budget is for independent living apartments, providing new shower stalls, washer-dryers for those who prefer them to cluster facilities, as well as general refurbishing and updating.

Another large increase in the capital budget is for information technology, up from \$283,600 this year to \$708,940, and the latter figure does not include the \$2 million-plus for IT approved in the December supplemental budget. The operating budget, moreover, includes three new positions in information technology, increasing IT staffing to five. (See *the Information Technology story on Page 18*).

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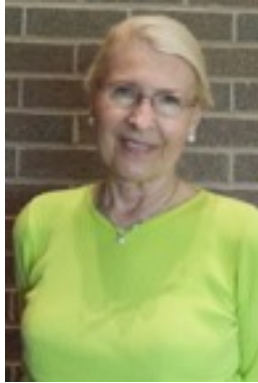
The masthead photo of a ruby-throated female hummingbird getting nectar from bee balm was taken by Erroll Hay in his D-3 garden last year.

BROADMEAD WELCOMES

Fred and Renate Meise

W-7; 410- 592- 6849; April 2014

Fred and Renate Meise met in Germany in 1958 when he was stationed there with the American military and they both happened to be on the same train. Renate struck up a conversation with Fred, who was in civilian clothes. They had one or two dates, became pen pals after he returned to the States and married in 1962 after she made a stateside visit in connection with her modern languages studies.



A native of Bremen, Renate was studying German, Spanish and French. To receive her degree she was required to spend six months residency in a country where one of these languages was spoken. Based on the pen pal association Fred made arrangements for her to come to the English-speaking United States. Naturalized in 1965, Renate had a career as a translator at Black and Decker in the Export Department where catalogues were printed. She later worked for the Shaklee Natural Vitamin Company.

A native of Baltimore and a resident of the Phoenix area for 40 years, Fred interrupted his studies at the University of Baltimore to volunteer for service with the 280 mm Atomic Cannon Unit in 1957. He received his degree in Business Administration in 1962.

Fred worked for Black and Decker for 33 years, holding several management positions before retiring in 1995.

Active in St. John's Lutheran Church in Jacksonville, he served two years on the church council, was chairman of the building committee for the church Fellowship Hall and has been property chairman for many years.

Renate and Fred have a son, who was recruited by an oil drilling company and now lives in Texas, and a daughter who lives in Millersville with her husband and two children.

Accompanying them to Broadmead are two dogs.

By Sally Bloomer



EDITORIAL POLICY

THE VOICE is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry feature articles, essays and poems written by residents and staff, of interest to Broadmead residents, plus material assigned by the editors. As its major goal is to promote a sense of community, THE VOICE does not publish criticism of individuals or of the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems. THE VOICE does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion. As a general rule THE VOICE will not publish submissions from outside media due to space limitations and possible copyright problems. All submissions must be signed. The decision of the Editorial Board in regard to publication shall be final. Those submitting articles should retain copies as submissions will not be returned.

We must have all submissions by the 12th of the prior month. As we want articles not to run to more than one page, copy should not exceed 400 words in length. All copy is subject to editing and cutting. All submissions should be typed and, if possible, sent by email attachment to voice@broadmeadra.org, with a hard copy in THE VOICE box opposite the copy machine in the BRA office.

Camera Club Meetings Mondays, July 21 and August 25

10:30 a.m. Fireplace Room

Know Your Neighbors
Wear Name Tags
First three days of month

Welcomes continued...

Josepha Caraher

B-5; 443-785-8415; May 2014

Raised in western Baltimore County, Josepha Caraher received a bachelor of arts at Baltimore's Mt. St. Agnes College where, though the arts and literature came more easily to her, she majored in Chemistry "because it seemed practical."

This background, combined with her love of art, led her to a long, successful career in fine arts conservation.

Before she found her calling, however, Josepha wanted to travel. Having enjoyed the company of Latin American classmates, she applied to Pan American Airlines, which told her she needed Spanish. After studying Spanish for six weeks at Berlitz, she got a job in Pan Am's Latin American division.

During the next five years she was able to visit more than a dozen cities, including Buenos Aires, Montevideo, Caracas and Rio, but she was especially fond of Central America where her favorite was Guatemala City.

She regrets that when she returned to Baltimore in 1961, there was no one with whom to speak Spanish.

In 1962, she met former Broadmead resident Elizabeth Packard, head conservator at the Walters Museum, and was overjoyed to discover a profession that combined science and art.

With her chemistry background, she got a job in the Walters Conservation department where, with the exception of five years off to raise two daughters, she happily worked for Ms. Packard until 1977. When the latter retired, Josepha left, and was immediately offered a job at Baltimore's Peale Museum, becoming its first conservator. She examined all its holdings and then restored them.



In 1983, when the funding for conservation ended, Josepha established a private practice. By then, not having been able to use her chemicals at the Peale, she had set up a lab at her home. With her museum connections, she had no shortage of clients, and continued in the field until 2007, when her "knees gave out."

Josepha has two Baltimore daughters.

By Jackie Mintz

Dorothy Shipley

N-3: 443-578-8420: April 2014

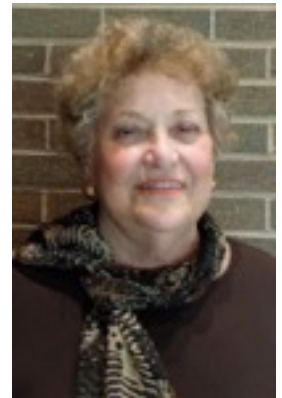
Born in Baltimore, Dorothy moved to Hamilton, Ohio (a suburb of Cincinnati) and grew up to attend the University of Cincinnati.

After moving back to Baltimore she attended the University of Maryland at College Park and then Towson University where she received her Bachelor and Masters Degrees in Education. Her assignments in Baltimore County Public Schools

included assistant principal at Randallstown and Pinewood. Then she became principal at Milbrook and later Fort Garrison. After retiring from education in 1986, Dorothy was employed until 1998 by new home builders to manage and sell in new developments.

Her granddaughter Jessica lives in Parkville. Dorothy's interests include gardening, reading and training Corgis. She moved to Broadmead with Ralph, her ten year old Corgi, who believes the whole world is his friend.

By Sally Bloomer



New BRA Tech Consultant

Tate Tiemann, a Towson U. undergrad, will offer BRA-sponsored classes on brushing up computer skills this summer. See announcements on the first-floor bulletin board. He can also give individual help with computers or mobile devices, at \$18/hour. Call him at 1-443-206-3407.

Welcomes continued...

Joseph R. L. Sterne,
C-21; 443-578-8419; May, 2014

When Joe Sterne, born and educated in Philadelphia, went to Lehigh University, he expected to major in Business but decided instead on English. Since the few liberal arts majors were viewed as candidates for the campus newspaper, he was drafted. There Joe Sterne found his life-long metier culminating in 44 years with the *Baltimore Sun*.

Although Joe covered politics most of his career and was "always a political nut, from eight years of age," he had absolutely no interest in being in politics. His is the story of a newspaper man, through and through.

Following an initial job writing about Mormons in Salt Lake City, he attended the Columbia School of Journalism and wrote for the *Dallas Morning News*. There he learned to write "good, clean, tight prose" but soon tired of the poisonous political atmosphere. After comparing its coverage of the 1952 presidential campaign against that of the *New York Times* and the *Washington Post*, he concluded the *Baltimore Sun* had the best reporters and applied for a job. After two rejections, he got the job in July 1953.

Joe started at the bottom, assigned to the police districts, then rose to cover state and local politics. In 1958 he was posted to London, where he said the 15-so American reporters would go together to 10 Downing St. for a "background chat" with the Prime Minister. In Paris he covered the threatened coup by French generals in Algeria and DeGaulle's return to power and in 1960, he spent six months in Africa during what he described as "the biggest year in African history," when 15 countries joined the U.N. He was in South Africa just after the Sharpville Massacre, and the Belgian Congo, when King Baudouin handed over what had been King Leopold's private domain.

Summoned home, he was assigned to political reporting which took him to Mississippi during the riots and the Poor People's March on Washington. He witnessed LBJ and Senators Mansfield and Dirksen working together for passage of the Civil Rights Act. Describing

Washington as a "quagmire" after the assassination of Robert Kennedy, he was ready to leave and in 1968 obtained a posting to Bonn.

In 1972 Joe was named editor of the *Sun's*, editorial page a position he held for 25 years. Finding a Baltimore seriously demoralized after the riots, he felt the newspaper, like the Orioles and the Colts, was an important institution for knitting the community together. He thinks *The Sun* helped reduce racial tensions and is proud that he hired its first black editorial writer. He is

also proud of having introduced an op-ed page, an idea he credits to the *NY Times*.

Newspapers have become more critical, appropriately, in his opinion. Today's reporters, nurtured in the post Vietnam period, are more skeptical of government. They also have access to much more data on the Internet.

Although the internet poses a grave threat to print newspapers, it does, in Sterne's judgment, provide an

incomparable resource for data about government activity. Joe thinks the role of newspapers is to keep governments acting fairly and in the service of the people.

After retiring Joe wrote a book entitled *Combat Correspondents: the Baltimore Sun in World War Two*, about which he spoke at a Broadmead Open Forum a few years ago. During this eventful life, Joe found time to get married and raise a family of five sons. He has 16 grandchildren and two great grandchildren.

By Jackie Mintz



Monday Book Group

Auditorium, Mondays 10:30 a.m.

July 7

Someone

by Alice McDermott

August 4

Those Angry Days

by Lynn Olson

September 1

The Lowlands

by Jhumpa Lahiri

Books may be obtained from the
BRA Office, behind the door



Armed with a Broadmead Nature Trail map showing the various paths and their difficulty in the hill area north of the Center, 64 residents turned out during the four hours set aside for Trail Day to enjoy the spring weather and the Virginia bluebells. Serving on the Trail Day committee were Lee Fleishman, Michael Kelly, Sally Bloomer, Carol McCord, Rhett Murphy and Cliff York, assisted by the Wellness, Food Service, Housekeeping and Maintenance staff. Other resident volunteers were Marge Appleby, Ruth Fleishman, Sonia Blumenthal, Florence Platt and Cynthia Ballard. Wellness Director Jody Tromble said she was impressed by the number of 90-year-olds who participated. At left, above, at the sign-in table are Nancy-Bets Hay and Wellness Coordinator Julie Saga,. At center are hikers Carol McCord, Marj Espenschade and Nancy Wait and at right, tree-hugger Jan York.

Residents Donate Record Amounts to Employees Appreciation Fund

Donations to the Employees Appreciation Fund reached a record high this spring at \$41,324, according to figures provided by Hyko Laeyendecker, who has organized the drive for the past several years.

Of that, \$40,409 came from 248 resident contributors and \$915 from 10 associate members. The average donation was \$163

Of the \$41,324 received, \$40,000 was distributed to the hourly employees with the remainder held until Fall.

Three persons sent checks for \$1,000. The smallest check was for \$25, Hyko said.

During the pre-Christmas drive, \$37,060 was donated to the Appreciation Fund, bringing the Fiscal Year total to \$78,384.

Haiku - The Season

By the Hallowell Writers Group

Spring

Warm breeze singing trees
Birds singing in the green leaves
Planting annuals

Summer

Daisies blooming now
I feel better already
Halleluiah June!

Fall

I'll take a bike ride
Red leaves trembling in the trees
Flowers bloom, birds sing

Winter

"Kiss Daddy"
Cold, freezing, frigid
Icy spires on the leaves
Hurry home baby



Michael Kelly checks the bee boxes prior to installation.



Following installation the bees fly around getting oriented to the area.



Cliff York, at left, shows off the queen. At right Cliff and Michael, garbed in protective gear, introduce the bees to their new Broadmead home..

Broadmead Apiary Has Residents All Abuzz

Story by Bernie Anderson

Photos by Erroll Hay

Some day in the future there may be a Broadmead brand of honey available in your local grocery store. While that is not necessarily the goal of our resident bee keepers, Michael Kelly and Cliff York, there is always a possibility depending on the success of some 15,000 or so honey bees being raised here on Broadmead's property.

Both Cliff and Mike are experienced bee keepers, a hobby they each enjoyed before moving to Broadmead. Once they discovered their mutual interest, they decided to pursue it here on Broadmead property. They started with two hives up on the hill north of the campus last fall. Over the winter one of the hives died and the second died in the spring from unknown causes.

Undaunted by the experience and encouraged by other residents, they decided to look for another location and researched several possibilities before deciding on one on the west side of Copper Beech Lane, near the entrance to Broadmead. This spot was endorsed by Broadmead Administration, which contributed to the site by installing a fence located a safe distance from the hives from which activities of the bees may be



Apiary continued....

viewed. The site is also close to the natural growth that bees depend on, and distant enough from every day activities by our maintenance personnel.

Four hives were installed in the new location this spring. Each hive has three to four thousand bees, and one queen, whose sole responsibility is to propagate the bee population. Honeybees live in a complex community of several thousand members. The vast majority of these are the non fertile female bees known as workers. They run the hive, feed and clean the queen, gather nectar, pollen and water.

There are only a few hundred male, or drone, bees in a hive. They do no work. They just eat honey, fly around and look for an opportunity to mate with the queen, which occurs rarely when the queen goes on a mating flight high up in the air. Only the strongest males get to mate, after which they fall to their death. The unsuccessful suitors meet their doom in autumn, when they are forcibly evicted from the hive by the workers.

The queen bee is a royal egg layer, with no decision-making authority. She can produce 1,500 eggs in a single day. The worker bees treat her royally, until she falters in her duties, and it's time for a replacement.

The world of the honey bees is truly a fascinating one, and it's easy to see why raising them is so interesting. While the end product of bee raising is the honey, Cliff and Mike believe the real end product is to help preserve our endangered honeybee pollinators, on which much of our natural food is dependent.

In Memoriam

W. Janney Wilson

October 26, 1930 June 15, 2014

William Buckley

March 7, 1929 June 17, 2014

Rhoda Doughty

February 23, 1922 June 19, 2014

Jackie Mintz Exhibits in East Hall



Paintings by resident Jackie Mintz are now up in East Hall, following a prior exhibit of her work at the Myerberg Center.

In an artist's statement accompanying the exhibit, Jackie explains that after her 2004 retirement, she "learned to paint, first with lessons in drawing and then oil painting in the classical realist tradition."

Classical realism is not part of the exhibit here. Over time she said she was drawn toward less representational art in search for a style of her own. Jackie works primarily with acrylic paints, oil pastels and ink on canvas, canvas board, paper and yupo, a new synthetic waterproof paper. She's interested in the tools with which artists paint, including palette knives, spatulas, scrapers, and (expired) credit cards.

"Color is important to me, both when it is in contrastive juxtaposition and when it changes almost imperceptibly. Other times I am drawn more to black and white," she says.

The exhibited paintings fall into several disparate categories: abstract figures; sea- and landscapes, imagined and allegorical; buildings and cityscapes; and even some semi-representational figures.

Budgetfrom Page One

Another \$250,000 is earmarked to help cluster residents who are on an assisted living waiting list, by providing more services in their units. Broadmead is also paying costs for a resident who needs specialized dementia care off site. A more comprehensive Memory Care facility is anticipated in the strategic plan.

The trustees continue to explore the feasibility of changing future residency contracts, Howl said. Broadmead's current Type A contracts bundle into the monthly fee health care, maintenance, housekeeping, food, other services and, most important, the costs incurred when residents move into assisted living or comprehensive care.

Types B and C contracts unbundle some of the services so that monthly fees are lower but residents pay extra for each service and often substantially extra for a move to assisted living or comprehensive care. Being explored and implemented also are contracts which allow for a greater variety of entrance fee refunds

The decision by the Trustees not to increase monthly fees was based in large part on studies which showed Broadmead fees to be among the highest in the Baltimore area.

All decisions as to contracts, fees and monthly payments are subject to approval by the Department on Aging, Howl said.

The move to a merit-based approach to labor costs is expected to increase efficiency and reward those who perform well, Howl said. Management and labor cost increases are budgeted as they have been in the past at roughly three per cent. Increases, however, will not be automatic but based on performance evaluations. A two-tiered evaluation system is being put in place.

Trustees have approved an increase in Broadmead's minimum wage such that "all wages will be at \$10 an hour or greater within the next two years," Chief Financial Officer Pat Gordon said at a budget presentation to residents in June. Starting salaries now begin at \$8.50 an hour.

Beginning with Rehabilitation and Security, Trustees are looking at what services may be more efficiently outsourced. Rehabilitation is being outsourced effective August 1 (See story on Page 9) and Security, formerly handled by Broadmead's duty men, has already been outsourced to the Dunbar Company for the 11 p.m. – 7 a.m. time slot.

Howl said other work force adjustments include efficiency in staffing, especially in health care, food service and maintenance.

Liz O'Meara Joins Rehab Staff

Story and photo by Nancy Boyce

A recent addition to Broadmead's Rehab Therapies is Liz O'Meara who is filling a position vacated early this year.

Liz comes to Broadmead from the Baltimore Lab School which taught children with learning disabilities.

"It has been an easy transition for me," she said, "because Broadmead has such a welcoming atmosphere. Residents and staff made it easy," she said adding that her "passion

has always been adults in health care, a setting found here on Hallowell."

Liz finds Broadmead unique in that so many of the activities are run by residents.

Born in Westminster, MD, she graduated in 2006 from Towson University with a degree in speech therapy and married in October, 2013.

She chose speech therapy because her mother, a nurse, suggested it. "She knew my interests and it has turned out to be a good fit."

Liz is continuing training in "vital stimulation", a program that includes therapy for those needing treatment in speaking and swallowing.



Rehabilitation Services, OT, PT and Speech, Are Outsourced

By Jackie Mintz

CEO John Howl has announced that Broadmead is outsourcing its rehabilitation operation to Genesis Rehab Services (GRS).

One of the nation's leading providers of physical and occupational therapy, speech therapy, respiratory therapy and wellness services for senior communities, Genesis provides rehab services to over a thousand CCRCs throughout the country. Under the agreement with Broadmead, Genesis will supply an onsite program manager and the current Broadmead rehab staff will become GRS employees. The agreement also envisions that Genesis will provide expert advice on wellness programming.

The CEO of Genesis Rehab, Dan Hirschfeld, is scheduled to speak at the next Fireside Chat.

The onsite program manager will be responsible for supervising the occupational, physical and speech therapy programs, and also for ensuring compliance with insurance and Medicare documentation requirements. The program manager will also be responsible for identifying persons in need of rehab therapy and will focus on honing the current identification system.

A permanent program manager will be on the job August 1. An interim program manager, Maureen Horman, is already here, having started in early June.

Current rehab employees are Physical Therapist Nancy Sviertka, Occupational Therapist Becky Shibe, and Speech Therapist Liz O'Meara who recently joined the staff. According to Howl, Genesis has been informed that Broadmead wants it to retain all three, and is discussing with them salary and benefits. According to Associate CEO Tom Mondloch, there is no plan to enlarge the staff.

Although Broadmead has not previously outsourced services, except for landscaping and recently some security functions, this is part of a widespread and growing pattern in the United States. Companies, universities, and

government agencies have outsourced all manner of services, from food and medical services to military support.

Reasons cited by Broadmead for this decision are both regulatory and substantive. A new state regulation would have required Broadmead either to restructure and establish a new in-house company or outsource to a different company. Also, new Medicare and insurance requirements are better overseen by an entity with substantial expertise in billing procedures.

Substantively, with its size and specialization, Genesis has greater expertise in the latest equipment and best practices. In addition, given Broadmead's long-range plans to develop centers of excellence in areas such as dementia care and wellness, Genesis experience in those fields will be useful, Howl said.

In addition to onsite supervision, GRS will also advise on expansion of space for rehab and for wellness and fitness. The present capital construction plan provides for expansion of the exercise gym to include rehab's current location across the hall, while relocating rehab, possibly to the second floor.

A more substantial possibility considered during the recent design charrette is to expand rehab across the hall to occupy the current exercise room, and to use the first floor of Stony Run for an expanded exercise facility.

Both options are under discussion.



Guitarists Mark Edwards, left, and Patrick Sise, delighted residents at a BRA's Spring concert with selections from Giuliani, Brahms, Scarlatti and others.

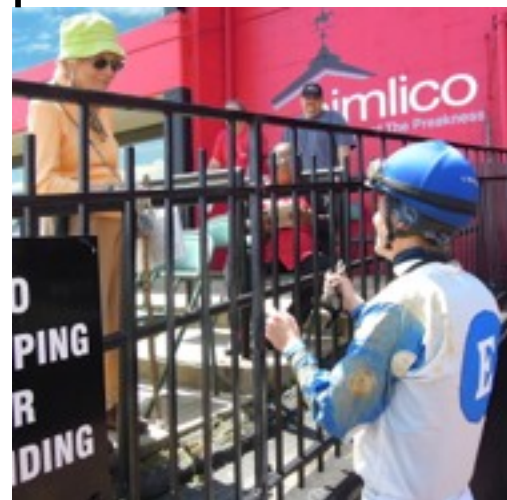
Photo by Erroll Hay



Pimlico Lures Broadmead Group to the Races

Photos by Sally Bloomer and Pimlico's Jim McCue

A busload of 27 happy gamblers, plus other residents who went on their own, enjoyed a beautiful spring day at Pimlico. Some won. Some lost. Everyone had lunch. And most are eager for a repeat outing next year. At right is resident Nancy Boyce, greeting her granddaughter, jockey Forrest Boyce. Above are those who went to the Winners Circle for the Broadmead Run, named, of course, for our group: Jonas Rappeport, Sally Bloomer, Alma Smith, John and Jane Michener, Rhett Murphy, the race's jockey, Yomar Ortiz, Judith Hundertmark, Ginny Cooley, Jim Crowder, Joyce Gilley, Ruth Williams, Phyllis Erickson, Suzanne Crowder and Barbara Smith. Rhett Murphy organized the event.



Country Store

Lanyards for use with Broadmead name tags. Long \$6. Short \$3.
Sale on men's golf and sport shirts
Supply of beautiful jewelry.

Monday to Friday
10 a.m. - 2 p.m.
Saturday: 11 a.m. - 1 p.m.

All profits go to the Broadmead Residents Association to fund lectures, concerts, other events and activities for all residents

Adventures in Learning Fall Program Announced

By Anne Minkowski

Adventures in Learning will present Johns Hopkins, a relative of the University founder and executive director since 2003 of Baltimore Heritage, an organization which facilitates private groups in reclaiming and restoring landmark Baltimore buildings and neighborhoods. The 1812 dig in Patterson Park will also be featured.

Hopkins will present illustrated lectures in the Auditorium on September 10, 17 and 24, followed by a bus tour on October 1 to see many of the places covered in the lectures.

The tour will conclude with lunch at one of the restored landmark buildings.

Walkers Learn About Trees



The May blooming of Broadmead's many magnificent trees lured 10 residents out for a tree walk, sponsored by the Bird and Nature Committee and led by Mike Ryan of Ryan Tree Services, caretaker of our trees. Starting at the lower level circle Ryan, at left, identified an asur maple and pin oak, plus a crab apple in full bloom near the parking lot. Among the many trees observed along Copper Beech Road were dogwoods, a sugar maple with yellow-bellied sapsucker holes and, of course, the huge copper beech trees for which the road is named. Listening here are Sue Carnell, Erroll Hay and Carol McCord.

Text and photo by Sally Bloomer

Want to Go on a Choo Choo?

On August 27 the Trips Committee is planning to steam into history on a reproduction of an 1860 steam locomotive, the York #17, the train which took Abraham Lincoln to deliver the Gettysburg Address.

The roundtrip, leaving at 11a.m. lasts approximately one hour, and goes from New Freedom, PA to Glen Rock, PA. The cost of the train ride and bus from Broadmead will be \$30. Lunch on your own is to be at a New Freedom restaurant after the trip.

Sign-up sheet is on the bulletin board. Trip planner is Rhett Murphy,

Bird and Nature Group Announces Treasure Hunt

By Sue Carnell

The Bird and Nature Group is announcing a treasure hunt running from July 1 to July 15 in celebration of its labeling, with the skilled assistance of summer gardener Nick Danko, of 25 trees on the Broadmead campus.

Participating residents may pick up a map, available now at the front desk, listing all the labeled trees. The resident correctly locating the most trees on the map by July 15 will receive an "exciting" prize. Completed maps must be returned to Sue Carnell at mailbox A13 by 4 p.m. July 15

Two trees will be located for you on the campus map so the treasure hunt will be for a total of 23 specimens. *Hint: many labelled trees are on the perimeter road but a selection of special trees are within the loop.*

Geography Quiz



It's on the Broadmead campus. What is it? Where is it? What's the story behind it. Answer on Page 23. Photo by either Carolyn Murphy or Erroll Hay. Similar photos submitted. Editor confused.

Putting Contest Raises \$16,000 for Holly House

Over \$16,000 was raised to help refurbish Holly House at the second annual "Putting for a Purpose" event for which putting greens were created in the auditorium, lounge, dining room and hallways of the Center, as well as upstairs in Taylor and Hallowell. Clubs, balls cheering audiences and refreshments were provided.

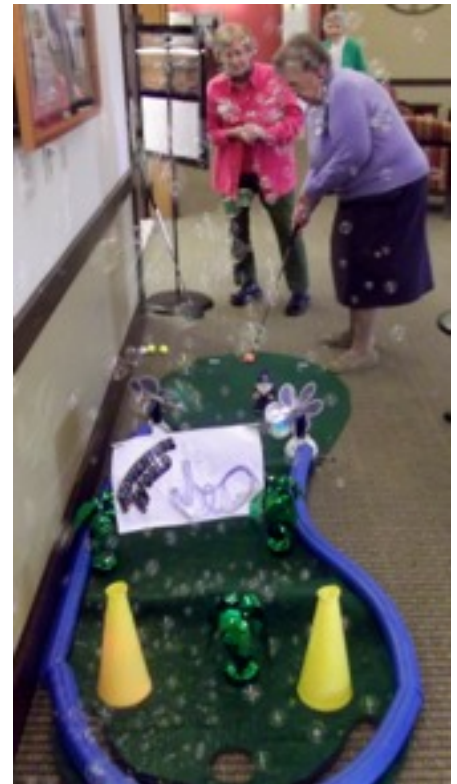
The brainchild of Development Director Deborah Kopper, the event attracted 47 players: residents, trustees, staff and vendors. Contributing to the cause were 35 vendors. The use of the proceeds to renovate Holly House resulted from a resident poll.

There were both "putting" winners and "creative" winners in several categories for building the greens.

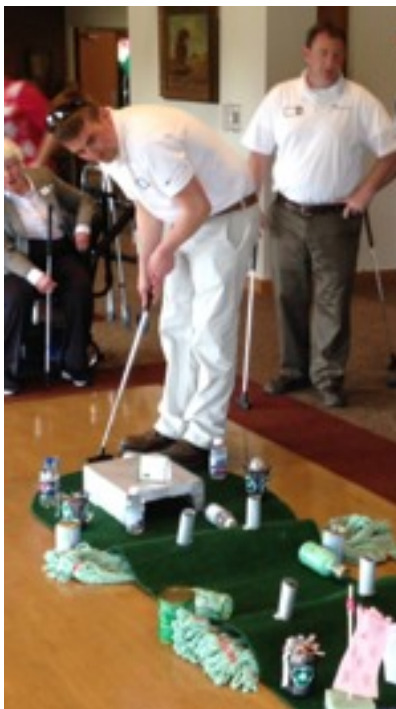
Putting winners were: **Resident**, Charlie Lee, score of 23; **Staff**, John Howl, score of 22; **Vendors**, Greg Dembeck of FPC, score of 22; and **Trustees**, Rebecca Richards, score of 24.

Creative Winners were: **Grounds** for "Most Creative" (Real Greens); **Food Service** for "Most Fun to Play", (Adventure World); **Beauty Shop** for "Best Sand Traps" (Puttin on the Curlers); and Development for "Most Challenging" (Italian Bistro).

Resident committee members were Bill Benson, Marj Espenschade, Phyllis Erickson, Jane and John Michener, and Peggy Taliaferro plus staffers Jody Tromble and Deborah Kopper.



Marj Espenschade watches Bea Post tee off in Food Services' "Adventure World."



Testing their putting skills from left are Brickman landscapers at the Housekeeping green entitled "Waste Not, Want Not,"; Trustee Jen Hobbins at the Development Office green entitled "Italian Bistro," and staff members Linda Chick, Shelley Hubbard and Keri Omopariola at the Lifestyle green, entitled "Therapeutic Rocks."

Eli and Sheila Remember Passovers Past

Broadmead's late April Seder attracted residents of all faiths to an observance and traditional dinner in the Magnolia Room, arranged by Food Services and sponsored by the Multicultural Committee. At right are Eli Freedman and Sheila Meyers.

Photos by Sally Bloomer



Eli's daughter Riva Freedman led the Seder again this year.



By Eli Freedman

As I'm sure you know, a Passover Seder starts with the reading of a book called the Haggadah. Second only to the Bible, the Passover Haggadah is the most published book ever.

At Broadmead's recent Seder, I was fortunate to be seated next to a new resident, Sheila Meyers, and at one point we started talking about our remembrances of childhood Seders we had attended.

In those far-off days, money was tight, and so just about every family used the free Haggadahs published by the makers of Maxwell House coffee. There may have been free ones published by another company, but neither Sheila nor I could remember any name. (Incidentally this Maxwell House Haggadah is the one used in the White House Seder.)

The Maxwell House Haggadah was frequently revised. In its latest revision, it has made all of its translations gender-free, and has dropped old usages like "thee" and "thou."

But the fact that there were revisions as the years went by caused problems. Both Sheila

and I remember Passover Seders at the homes of our paternal grandparents where the same problems occurred.

One participant would say, "You're reading the wrong page." Or another one would say, "Hey, what page are we on?" Naturally the arguments were always settled peacefully and without blows.

Just recalling those incidents of long ago brought tears to my eyes. I can still vividly see the long table we sat at, with my beloved grandfather at one end leaning on a pillow, honoring the precept, "Tonight we all recline." My dear father sat at his father's right, and I was next to my father. I remember so clearly my father's strong voice during the recitation in Hebrew of the ten plagues that afflicted the Egyptians.

Alas! There were a few cousins whom I did not know well sitting at the far end of the table. They are still with us. Everyone else, including all the women who were busy in the kitchen, are gone. May they rest in peace, and may their memory be for a blessing. AMEN!

Treatments Available for Urinary Incontinence

By Frank Iber, M.D.

Nearly half of all women and 18 percent of men have problems with urinary leakage over a lifetime. Yet only one in eight of the afflicted seek professional help. And of those who do, six years usually elapse before they see a doctor.

These were some of the findings presented by Dr. Nicole Korbly, a uro-gynecologist associated with the Greater Baltimore Medical Center (GBMC). In a talk dealing with the common causes and treatments of urinary incontinence presented by the Residents Association Health Care Committee, she said that unwanted leakage of urine, although more common in older men and women, is not necessarily a consequence of aging.

Severe incontinence impairs physical, mental and social health. It interferes with sleep and quality of life. Treatments include alternations in lifestyle, exercise, medications, surgery and implants.

Broadmead's auditorium was close to full for the presentation.

Stress incontinence, the most common type in women, occurs after a cough, movement or lifting. It is due to a weakness of the muscles and sphincter of the bladder outflow. Benefit is provided by treatments usually tried in this order: Hegel exercises to strengthen pelvic floor muscles; life style alterations diminishing fluid overload; controlling weight; eliminating bladder irritants like alcohol and caffeine; a pessary worn in the vagina; a variety of local injections and surgery.

Urge incontinence is the sudden need to empty the bladder within a few minutes or even seconds to avoid an accident. This is associated with a hyperactive bladder muscle and is helped, again, in order to be tried: Hegel exercises, life style changes; controlling weight ;and avoiding dietary bladder irritants.

Also tried are anti-spasm drugs, bladder training and BoTox injections.

Overflow incontinence, most common in men, is associated with an inability to

completely empty the bladder usually due to an enlarged prostate. Medications to shrink the prostate and radiological or surgical treatments are highly effective.

Up to 90 percent of those afflicted with any form of incontinence will experience a marked improvement in their condition with treatment after a professional evaluation, she said.

Dr. Korbly proided an excellent eight-page manual detailing excercise, ditary and lifestyle changes that help persons wih incontinence.

A copy may be obtained by contacting Jan York at X8348.

Portraying La Duchesse d'Orleans



Resident Elborg Forster portrayed Liselotte von der Pfalz, Duchesse d'Orleans, sister-in-law of French King Louis X1V, (and had she not converted to Catholicism heir to the English throne), in a Broadmead Play Readers production last month. Elborg studied Romance languages and literature at various European universities and holds a Ph.D from Albertus-Magnus University in Cologne, Germany. Her translation of Lisolotte's letters from the German has been published by the Johns Hopkins University Press.

Photo by Marcia Reinke

Corner Cupboard

Monday, Tuesday, Thursday and Friday
10 a.m -1:30 p.m. 2:30. - 4:30 p.m.

BROADMEAD BRIEFS...

If she hadn't realized it before, **Sita Smith** learned last month that it's tough to be a movie-picker at Broadmead. That's when three....yes, three....complaints were sent to her, two about the Japanese film *Rashomon*, and one about *12 Years a Slave*. All complaints were anonymous and the two about *Rashomon* could easily be described as, well, rude.

Obviously upset, **Sita** said that *Rashomon* was shown March 13 at the Walters Art Museum as an example of an artistic foreign film. It not only won Academy awards, it also won seven other national and international awards in the early 1950s. And *12 Years a Slave* this year won the best picture and two other Academy Awards.

She noted that the volunteer movie committee members spend considerable time selecting and viewing films, checking on their availability and listing their topics and ratings in *The Voice*. *Rashomon*, a 1950s film, was unrated; but *12 Years a Slave* was rated "R". (Editor's note: Voice readers may recall that in March, 2011, **Ruth Williams** bemoaned the travails of being on the Movie Committee. We are reprinting her poem on Page 16.)



Elsa Lundgren, a Broadmead resident since 1992, celebrated her 100th birthday May 20. Attending the Hallowell party were many members of her family and Friends. Photo by Sally Bloomer

It's official. Those in independent living no longer live in units or apartments or even cottages, but in "**garden homes.**" Marketing head **Kristy Kreuger** and members of the resident marketing advisory committee selected the epithet "garden home" as more descriptive and less boring than units and apartments. Protestors against a "cottage" description maintained cottages are free standing buildings or small lakeside camps.



The Exercise room was nowhere near big enough to accommodate all those who came to say goodbye to Wellness Coordinator Julie Sega who "had an opportunity (she) couldn't refuse" at a senior facility north of Philadelphia and closer to her family home. Julie, who had been at Broadmead 10 years, was greeted here by Ellen Williams and Bob Fetter. Photo by Marcia Reinke

To the delight of "garden home" residents, as well as those who simply enjoy Broadmead's outdoors, our grounds ladies, **Linnette Kanitz** and **Adrienne Hojnowski** have initiated a quarterly report including gardening tips and explanations of their comprehensive landscaping plan and cluster work schedules. The report also explains what they will do by way of maintenance and what is the responsibility of residents. Reports are to be issued one season at a time, they said.

And while making their rounds early in June, our **gardener duo** came upon a

newborn baby deer and, whipping out an iPhone, photographed the adorable "Bambi" in what has become a deer nursery in the meadow of Clusters G, H and J.

No, baby deer had not been abandoned by Mama deer as many of the two-footers who saw him feared and those who live near the meadow knew. Several eyewitnesses say he was born in a backyard of J, left by mom, who returned later to nurse and left him again



BROADMEAD BRIEFS *continued....*

near a tree back of G-8. Hours after the photo was taken Mom collected him again and he's gone. (*Editor, who lives in G-8, is not sure he will be quite so adorable feeding off her back garden next month.*)

An article written by resident **Virginia Schurman**, entitled "Martha Ellicott and Nathan Turner", prominent Baltimore Quakers in the 1800s, has been accepted for publication by *Quaker History*, a publication of the Friends Historical Association. The article depicts Quaker life of the era, as seen by their daughter Isabella. Because *Quaker History* has a large backlog of papers, the article will be published in the spring of 2016.

Betsy Walser has announced that due to the popularity of the trip luncheons she has

been organizing this year, Broadmead will continue to provide a bus monthly to an area restaurant without charge. Seats on the bus go fast, so watch for sign-up sheets, she said.

To the delight of opera lover **Anne Allen Dandy**, Broadmead will also provide a bus to live broadcasts of the Metropolitan Opera next Fall. See bulletin board for schedule.

OOPS - The Article on 2014-2015 BRA officers in the June Mini-Voice failed to note that Adrienne Toland is continuing as an auditor. Bob Davies replaces Richard Gilley who retires as assistant auditor.

The Movie Committee

By Ruth S. Williams (March 2011)

We're on the Movie Committee
To choose movies for Tuesday night
Romance, Drama and Comedy
for the Residents' delight
There really are no rules
To perform this awesome task
No Movie Committee Schools
No Professors we can ask
Just several hundred Residents
With ideas of their own
Strong minded ladies and gents
Who make their opinions known
We listened to their voice
We head them loud and clear,
And then we made our choice,
Oh Dear oh dear, oh dear
We thought we found the perfect movie,
No f-words, violence or sex
It was about a gerbil named Fluffy
and an old tortoise called Tex
We showed the movie last night
And soon some folks were snoring
Others all walked out.
They said that it was boring.
The moral of this story is
you can't please everyone
So go with your gut feeling
and have a barrel of fun.



Broadmead's birders were treated to sunny days for most of the Saturday bird walks led by Anne Allen Dandy and Dot Gustafson in April and May. According to a list prepared by Anne Allen there were sightings of great blue and green herons, barn and tree swallows in the Lake Maybe area. An orchard oriole landed in a sycamore tree, accompanied by yellow goldfinch, red cardinals and the often present bluebirds. A trek down to Western Run was rewarded by a view of a red-shouldered hawk's nest, and keen ears picked up the red-eyed vireo and a blue-grey gnatcatcher. A glorious male woodcock thrilled a few lucky hikers. Shown here are Nancy-Bets Hay, Donna Smith, Elborg Forster, Lynn and Ross Jones.
Photo by Erroll Hay

Apocalyptic Film Warns That Time Is Running Out

by Robert Forster

Straying from its usual pattern of a live talk, Open Forum presented an apocalyptic film on "mass extinction" last month warning that our environment is in imminent danger.

Entitled "Call of Life: Facing Mass Extinction," the film explored our eco-system in all of its complexity. The rapid disappearance of certain plant and animal species upsets important interactions, undermining our food chain, our supply of medicinal plants, the air we breathe and the water we drink.

According to the film, the causes of this accelerated pattern of extinction are many. Included are world population growth with its increased demands on the environment, global warming resulting in melting polar ice caps and coastal flooding, the artificial transfer of both plants and animals to alien habitats, and the massive destruction of such natural resources as forests and fishing grounds.

Following the film George Fisher, a geologist from Johns Hopkins, attempted to answer the question of how this process might be stopped. A return to a pre-industrial society of slow growth seems unrealistic. Public denial of the environmental threat is probably the greatest obstacle to meeting this challenge, despite the overwhelming testimony of the scientific world.

"Time is running out," he said.



Among those saying goodbye to Nurse Practitioner Laura Stein, left, at a recent farewell reception in Outpatient, was former BRA president Kitty Stierhoff. Laura has relocated to a new position closer to her Pennsylvania home. Photo by Bea Post

Judith Hundertmark Receives Goucher's Cockey Award



Judith Brigstocke Hundertmark, Broadmead resident and a 1954 graduate of Goucher College, was honored by the College's Alumni/ae Association at her recent 60th Class reunion with the Ethel Cockey award which is presented annually to a reunion class member for outstanding leadership and service to the college.

The award, (a crystal bowl with her name, the date and the college seal) is being presented here by Steve Klepper, current president of the Alumni/ae Association. The citation commend Judith for being a person you can always count on and for consistently giving of her time to Goucher. Judith is a past president of both the Alumni/ae Association and Friends of the Library. She has served as class fund agent and for decades has chaired her class reunion.

Judith's mother, Elizabeth Brigstocke, a 1925 Goucher graduate, also received the award, as have two other Broadmead residents, Dorothy Krug and Margaret Kraus. Photo provided by Goucher College

Internal TV, Wi-Fi, New Emergency System Coming to Broadmead

By Jackie Mintz

Huge upgrades in Broadmead's information technology (IT) are on the drawing board. While many involve expanding and bringing the infrastructure up to date, some will directly impact and improve the quality of resident life. Chief among these are expanded wi-fi, a modernized emergency call-response system and a new internal television channel.

For these and related projects, the Board has appropriated \$708,940, in addition to the \$2 million-plus approved for IT in a December supplemental appropriation.

First, however, IT space must be increased to accommodate the new equipment. Storage Room C, now housing Christmas trees, will be transformed into a new IT office which Chief Financial Officer Pat Gordon and IT head Shane Ladner hope will be ready by early Fall.

The new wi-fi system will be available in all apartments. Still under discussion is what kind of technological assistance might be made available to residents in the future for their computers, tablets and other devices.

Funds for increasing life safety have been allocated in the capital budget for use once a study is completed to identify campus needs and the best system to meet them. Included will be an upgraded campus-wide phone and emergency response system.

The emergency response system will include emergency call devices and possibly motion detectors. Since this system will be campus-wide, residents will be covered while walking on the perimeter road or even up in the woods. The plan, according to Pat, is to complete the assessment and identify a vendor by mid-summer. The system will compliment, not replace, the current BETS and buddy system,

Yet another innovation will be Touchdown, an internal TV channel, which will be used to distribute information including calendars of

events and menus. It will also be able to show movies or videos of lectures by campus speakers, so residents who cannot attend a lecture will be able to hear and watch it later. The cable is already installed on the campus but the channel cannot be hooked up until the new IT space is available.

To expedite the numerous projects involved, Chip Burns of Asbury Group Integrated Technologies has been retained as interim CIO (Chief Information Officer). The IT department will hire two additional technological support staff as well.

The IT steering committee consists of the Executive Leadership team (John Howl, Pat Gordon, Kristy Krueger, Doug Bareis, Barbara Carroll) plus Shane, with advice from Chip Burns. A residents committee, chaired by Erroll Hay, with members Victoria Bragg, John Dowling, Lee Fleishman, and Jackie Mintz, will meet regularly with Pat and Shane, to ensure that they are kept informed of resident interests and concerns.



Back again this year in May was the big green frog which has inhabited the drainage pipe, at top left, in the garden of the Shippenburg residence, C-11. According to Don Smyth who directed photographer Erroll Hay to the frog, it's official name is a *rana clamitans* and it's been around for a number of years. Trouble is, shortly after Erroll photographed him, he disappeared. Mary Ellen Saterlie who lives across the way reports, however, that he's still there, just bashful.

Whatever Happened to the Space Age?

By Robert Forster

In July, 1969, two American astronauts walked on the moon. It was a great national moment -- a step for humanity.

We had bested the Soviet Union, our great rival at the height of the Cold War. Our technological achievement would not end there, or so we thought.

For a wide public we were on the threshold of space exploration on a colossal scale, said Stuart Leslie, Professor the History of Science at Johns Hopkins University as he reviewed an extraordinary decade of exploration at an Open Forum illustrated lecture.

The astronauts became instant heroes, especially for our children, who made toy rockets, played board games where Buck Rogers flew through space, and watched the countless TV shows depicting men in space suits maneuvering space craft between the planets. American cities launched sky-scraping towers such as the Seattle space needle, while building new grandiose aeronautical plants with golf greens reminding the managers of the Moon Landing.

But slowly popular reaction shifted. Movies like *Apollo 13* and *The Right Stuff* focused more on failed missions and rescue efforts than on the original astronauts. Armstrong and Aldrin came to look like aged heroes of the past. Scientists continued to develop powerful space telescopes and space stations, but technical robotics were replacing the dreams of human beings walking on distant planets. This dehumanization of the space program undermined the popular spell and limited financial support for U.S space exploration

Only the Chinese seem willing to shoulder the enormous weight of energy and resources required to capture the prestige we attained in 1969, he said.

Birds Find Christmas Wreath



By Gwen Marable

It was finally time to take down the Christmas wreath from my front door. After all, it was the middle of March. As I reached to lift it off the hook, I was stunned, surprised, and thrilled to see a neat little round bird's nest in the center of the wreath. After consulting Anne Allen Dandy, our resident bird expert, it was confirmed that the nest belonged to a Carolina wren.

A few weeks later, I asked a tall friend to look inside the nest. She discovered one egg. A few days later, she reported there were now five eggs in the nest. Soon, every time I would come in or go out my front door, the mother bird would fly out of the nest and chirp until I was gone and she could go back to egg sitting.

It seemed like no time before I could see the baby birds with big mouths open wide, waiting to be fed. Now I could look out my kitchen window and watch with fascination as the mother and father birds brought worms to the babies. Over time I began to feel like a member of the little bird family living in my wreath. Though I sometimes felt like I was being held hostage by how carefully I had to plan my comings and goings so as to disturb them as little as possible.

During the first week of May, *Voice* photographer Erroll Hay, came to take a picture of the baby birds. Next day, the fledglings were gone, leaving me an empty-nester.

(Editor's Note: Last year Mrs Carolina Wren, or one of her friends, raised her family in Bunky Hopkins wreath on her C-12 doorway. This year Bunky put her wreath on a trellis, thinking Mrs Wren would be happier to nest, undisturbed by human and canine comings and goings.

No wrens. They must like a swinging door.)

Larry Schneider Receives Leadership in Aging Award

By Bernie Anderson

Most Broadmead residents are familiar with the beautifully sculptured wood carvings done by our own Larry Schneider. Now his reputation is known throughout the state of Maryland, if not beyond, thanks to the Maryland Department of Aging which recognized Larry with its 2014 Visual Arts award at a ceremony May 15.

May is celebrated as Older Americans/Older Marylanders month. An awards ceremony was held at the Ten Oaks Ballroom in Clarksville. Older Marylanders were recognized with a number of Governor's Leadership in Aging awards. This was the seventh annual Maryland Governor's Awards ceremony, featuring "Leadership in Aging". Eleven seniors were recognized in as many award categories.

Residents may have noticed the display in the center hall which Larry has put together

demonstrating how he has taken one of his carvings which he has titled "Attitude", and made a duplicate via a three dimensional

printer. The display includes a description of the process Larry used to sculpt and transform the work into an exact replica. If you haven't visited this display yet, you are encouraged to do so. It is an outstanding

example of the kind of work Larry does and how modern computer technology can be used to replicate something.

Shown here with Larry, center, is news anchor Chris Lawrence, emcee of the award ceremony, and Gloria Lawlah, Secretary of the Maryland Department on Aging.

Photo by Maryland Department on Aging



Staff Wellness Program Gets Underway



In observance of staff Physical Fitness Week, Wellness Coordinator Julie Segal led exercise classes in the lower level recreation room attended from left by Director of Wellness Jody Tromble, Social Worker Theresa Gramling, Valerie Warner of Accounting, Keri Omopariola of Maintenance, Acting Director of Nursing Sharika Hinton, Director of Human Resources Rita Johnson-Chase and half hidden in the background Raythia Bost. Staff members who are covered by Broadmead's Health Insurance plan have been given ankle pedometers to track their activity levels.

Photo by Marcia Reinke

Rappeport and Smith Reelected President and Secretary at State MaCCRA's Annual Meeting

By Marcia Reinke

Delegates to the annual meeting of the Maryland Continuing Care Residents Association (MaCCRA), held at Riderwood Village near Silver Spring, elected Broadmead's Jonas Rappeport to another term as state president and Alma Smith to another term as secretary.

Attending the early June meeting were 89 members from 14 CCRCs. Representing Broadmead were Jonas and Alma, Phyllis Erickson, Bill and Marcia Reinke.

Keynoting with an illustrated talk entitled "How Can Actuarial Science Help Manage CCRC Financial Risks" was A. V. Powell, an actuary and president of A. V. Powell and Associates. In an effort at protecting residents in Type C facilities from provider financial problems, MaCCRA has regularly filed legislation which would require Type C facilities to have actuarial studies every five years, instead of just when they break ground. Despite attendance of 90 MaCCRA members at hearings in Annapolis in February, the legislation again failed to pass. Efforts will continue in 2015.

Broadmead, as a Type A facility, has actuarial studies every three years.

Other speakers were Barbara Brocato, MaCCRA's legislative liaison, and Marty Roach, who handles CCRC issues for the Maryland Department of Aging. Brocato stressed the importance of having MaCCRA chapters in all of Maryland's legislative districts and the need to educate legislators on issues of importance to CCRC residents.

Roach spoke to the continuing "observation versus admission" issue sometimes plaguing seniors on Medicare in

hospitals. Persons who go to a hospital emergency room and remain on "observation status" for three nights, instead of being admitted, are not covered by Medicare rehabilitation services. A Maryland law requires hospitals to inform patients of this, both orally and in writing, but Roach fears many state hospitals are not complying.

Roach reported on the progress of three new CCRCs which are trying to get enough subscribers so they can break ground: Miller's Grant in Ellicott City, Carson's Run in Harford County and Crystal Springs in Annapolis. She said the current lack of a state architect to approve CCRC building plans is hampering progress at facilities seeking to expand.

Membership Here at 170

The Broadmead chapter of the Maryland Continuing Care Residents Association now has 170 paid members, an increase of 52 over last year. Membership Chair Nancy-Bets Hay and Frank Iber, who suggested appointing cluster reps to boost membership, were credited for the increase at the chapter's early June annual meeting.

Officers elected for the 2014-2015 year are: Roger Kolker, president; Marcia Reinke, first vice president; Phyllis Erickson, second vice president; Alice Christensen, treasurer; Alma Smith, secretary, and Nancy-Bets Hay, membership chair. Iber chaired the nominating committee.

John Michener, new president of the Residents Association, requested a MaCCRA presentation at an upcoming BRA meeting. MaCCRA member Larry Snyder was recognized for receipt of the 2014 Visual Arts Award from the Maryland Governor's Leadership in Aging group. (See Page 20.)

Master Plan Ideas Explored at Two-Day “Design Charette”

By Marcia Reinke

Moving memory care to an existing cluster, relocating and expanding Wellness, Fitness and Rehabilitation to the first floor of Stony Run, redesigning the Center’s lower level entrance and first floor, updating independent living units, improving the trails and installing new lap and therapy pools – all were among suggestions explored at a two-day “master plan design charette” held in the auditorium June 5 and 6.

Cost estimates, were a master plan to be implemented all at once, are \$45 million for “bricks and sticks” or \$70 to \$80 million when soft costs (furniture, interior fittings) are added in. The master plan, it was emphasized however, is still in the thinking and design phase and even when adopted by the trustees, hopefully by the end of 2014, it will be implemented in phases over years.

Organized by RLPS, the Lancaster, PA, architectural firm retained to develop a Broadmead Master Plan, the charette brought together 50 key Broadmead “stakeholders” including residents and future residents, board members and staff.

“The goal,” according to CEO John Howl, “is to provide exceptional senior living services and high quality health care that supports healthy aging.”

A charette, an RLPS spokesman explained, is a creative, high energy, open workshop to explore opportunities and share ideas on critical building and property related areas needing improvements or redevelopment. It provides an efficient and cost effective forum for debate, defines relevant design and development issues and provides conceptual project costs.

RLPS Architects was selected by a work group formed in February composed of residents Erroll Hay and Hyko

Laeyendecker, trustees Alan Evans and Carol Currotto and key members of the leadership team.

The event opened with a review of findings from 13 focus groups, set out in a 112-page report, detailing what members liked best about our community as well as shortcomings. Especially praised were the campus, its location, the cluster homes, the park-like setting, the staff and resident-driven programs. Among problems cited were pricing, provisions for memory care, insufficient information technology (see *Article on page 18*), dietary accommodations and acoustics in dining room,

Topics explored at the two-day event, in no particular order, included:

- Expansion of wellness and therapy
- Selective replacement and improvement of mix in independent living
- Location of memory care, separate from comprehensive care, with specialized staff and outdoor space
- Importance of first impressions, improved entry and lower floor
- Landscaping, storm water issues, flood plain and trails
- Parking and lighting
- Use of the Broadmead-owned houses opposite the entrance on York Road
- Extension of services into the community
- Staff education, dietary accommodations, safe walkways

Participating in the charette, in addition to RLPS Architects, were representatives from the engineering, construction, marketing, investment and financing firms which will be involved in the project.

(Contributing to this article were charette participants Alice Giles and Kitty Stierhoff)



Wellness Director Jody Tromble reported that 261 persons participated in the annual Wellness Day event, for which they were awarded these purple shirts. Among the participants were members of the Tuesday-Thursday exercise class, sporting their winnings here. From top left are Ethel Landis, Agnes Bartlett, Cynthia Ballard, Associate Member Carolyn Walters, Elborg Forster, Sue Baker, Flo Platt, Trustee Chair Ann Heaton, Sally Bloomer, Peggy Taliaferro and Nancy Warner. Kneeling are Marcia Reinke, Kitty Stierhoff, Bob Fetter, Marj Espenschade, Betty Lou Anderson and Alma Smith. Leader Andy Bloom is in front. Purple will be good for Ravens cheerleading come Fall. *Photo by Erroll Hay*



Cinco De Mayor Celebrated

Photos by Erroll Hay and Bea Post

Celebrating Cinco de Mayo, commemorating a Mexican victory in the 1861-1867 Franco-Mexican War, -- (any excuse for a party in Taylor and Hallowell) --were Trudy Byrd accompanied by Director of Lifestyle Corinthia Cromwell at left; staff member Rose Rich .who handed out pina coladas instead of her usual medications; and below Eleanor Robinson, Mary Ruth Sidwell and Ann Stein sharing a toast.



Answer to Geography Quiz

It's a wood carving of a rabbit with a bird on its head and it's located on the Dogwood Path, one of the trails north of Copper Beech Lane. It was carved with a chain saw by "Wags" Wagner, son-in of the late Ted Wilson. It sat in Ted 's garden for awhile, until he decided it belonged on one of the trails.



Open Forum hosted a well-attended pre-primary Candidates Night in late May at which residents had a chance to meet and hear three-minute speeches by those running for County Council and Executive, State Senate and Delegate. Rita Johnson-Chase, center, welcomed everyone to Broadmead Elborg Forster was emcee. Voting took place on Broadmead's lower level June 24.

Photo by Erroll Hay



Taylor residents and several foreign student visitors from St. Timothy's School got acquainted at a recent event. At top, are Margaret Proctor and Georgia Erlbeck with students from Ghana and Vietnam. Below students from Japan and China exchange experiences with Jack Daum

"Upstairs" Residents Enjoy Gardening, Poetry, Events

By Bea Post

Taylor's assisted living residents plus some from Hallowell have more activities to choose from than they have time.

Popular is gardening which, with staff help, includes the transplanting of house plants and growing flowers from seed to eventually decorate balconies and cut for containers in rooms.

Taylor residents are encouraged to keep the brain alive by writing poetry which they say is not too hard with practice and is a great way of expressing life's joys, wonders and hardships. (See *Haiku* on Page 6.) Meetings for resident poetry readings may be scheduled if popular.

There are daily treats, competitions, celebrations, educational programs, live entertainment and short bus trips off campus.

Broadmead Play Readers

will present

Eccentric Circles

Act 2 and 3 of a three-part dramatization of Lynn Buck's novel

Act 2 Wednesday July 2,

Act 3, August 6 or September 3

Dementia Patients Require Correct Diagnosis and Patient Centered Care

By Frank Iber, M.D.

The importance of an early and correct diagnosis and of patient-centered, as opposed to staff-centered, care were emphasized by Dr. Jason Brandt of the Johns Hopkins School of Medicine at a Health Care Committee lecture. Over 100 residents turned out to about a topic of great interest to the aging.

Although Alzheimer's (ALZ) accounts for two-thirds of dementia, diagnosis is highly important because for 15 per cent a non-ALZ dementia curable condition is present, and for others future needs can be predicted allowing planning for appropriate care.

The goal of optimal care is to assist the demented person in having the most active and satisfying life that is possible. To accomplish this one needs to treat both the disease and the individual person, he said.

. The usual ALZ patient needs to avoid sleeping and anti-anxiety medication, antidepressants and antipsychotic drugs because the side effects diminish the person in subtle ways. Yet, when

unusual incapacitating symptoms of depression, agitation, hallucinations or delusions occur, these very drugs may be required to control these treatable debilitating problems. When used the indications must be clearly delineated and the effects meticulously monitored.

Finding out about a patient's prior life, pleasures and expectations is essential if treatment is to reach those still functioning parts of the brain as experience has shown that lifelong preferences continue during the dementia. Required for personalizing treatment is meticulous interviewing of both patient and family about past preferences, entertainment, pets, music, arts and physical activities as features from their past life need to be incorporated heavily into current activities. Patient-centered as opposed to staff-centered approaches need to be the guiding feature. Brandt said.

Essential to dementia care is a highly trained, outstandingly compassionate staff, particularly among those most in contact with the patients, usually the geriatric nursing assistants. Outstanding programs commit resources to intensive training, top salaries, and advancement opportunities for this group in order to retain them for years and to avoid staff turnover.



Brickman Landscapers donned boots and aprons to clear winter debris from Lake Maybe last month. Lily pads stay. Fountain fights algae. Photo by Erroll Hay

Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room

Vespers

3rd Sunday every month
4:30 p.m. Lounge
July 20

The Rev James Crowder
Broadmead Resident
Retired Episcopal Minister

Bible Study

Tuesdays at 10 a.m.
Fireplace Room
(sponsored by Brown Memorial
Woodbrook Presbyterian Church)

Episcopal Communion

No services in July and August

Catholic Mass

2nd Wednesday every month
10 a.m. Holly Terrace
(Sponsored by St. Francis Xavier Church)

The Gathering

Faith Related Topics
3rd Wednesday every month
10:30 a.m. Auditorium
(sponsored by the Episcopal Church
of the Redeemer and Brown Memorial
Park Avenue Presbyterian Church)

Moving Around Broadmead

	<u>From</u>	<u>To</u>
Trudy Shippenberg	C-11	S-102
Kathryn Rienhoff	B-5	H-231
Ann Remington	D-9	H-249

Leaving Art 101 After 10 Years Liz Jackson Retires Again

By Gwen Marable

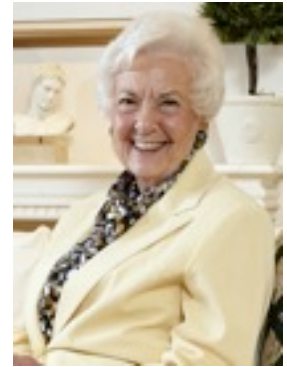
Liz Jackson has had a passion for art most of her life. - making art, teaching art teachers and helping others discover their inner artist. And Broadmead residents and associate members have been privileged to benefit from Liz's passion for over ten years through her tremendously popular art classes.

After retiring as an art teacher in the Baltimore County schools, at Towson University and Notre Dame, she moved to Broadmead in 2003

where she worked in the Art Studio with other residents. Realizing there was a need for an art class, she advertised for "Art 101" students with a poster on the bulletin board. Eighteen students signed up. The first year she provided the materials and they met in the Ceramics studio. The second year she was given a budget and a space in the Art studio.

Over the years, more than forty residents have attended her weekly classes, from four to fifteen in any one class. Liz's training and experience as an artist and a teacher includes proficiency in over eighteen different art techniques and her students have had the opportunity to explore most of them. Good at encouraging students, especially those who never thought they could make art, she finds great joy in witnessing them discover that "everyone is an artist." The class has been so popular that Broadmead has committed to continuing it with a new teacher in the fall.

Liz is looking forward to researching "the music of the spheres" which will be the basis of her future artwork. She's also planning field trips to museums and sculpture gardens.



New Resident

Joan Woods

C-16



Broadmead Movies

Tuesday movies by Bob and Elborg Forster.
Saturday movies by Bob Gist and John DePrine

Tuesday, July 1 The Verdict
(Paul Newman, Charlotte Rampling) A Boston lawyer who has hit bottom engages James Mason as his adversary in a medical negligence case. A courtroom spectacular.
1982 R 129 minutes

Saturday, July 5 The Devil Wears Prada
(Anne Hathaway, Meryl Streep, Emily Blunt)
After taking a job in the Big Apple as assistant to powerful fashion magazine editor, Miranda Priestly, is thrilled until the magic wears off.
2005 NR 110 minutes

Tuesday, July 8 The Yellow Submarine
A phantasmagorical animated film featuring the Beatles, many of their songs and jokes. A nostalgic delight.
1968 NR 90 minutes

Saturday, July 12 Grey Gardens
(Drew Barrymore, Jessica Lange) The aunt and cousin of Jackie Kennedy Onassis retreat from Manhattan society to a mansion in East Hampton, N.Y. After years of isolation the women are thrust into the spotlight when journalists report on their eccentric living conditions.
2009 NR 103 minutes

Tuesday, July 15 Harper
Paul Newman plays a cool private eye hired to find a wealthy woman's (Lauren Bacall) missing husband.
1966 NR 121 minute

Saturday, July 19 Under the Same Moon
(Adrian Alonso, Kate del Castillo) A woman working illegally in the United States to provide a better life for her son who remains at home in Mexico encounters serious problems bringing him across the border.
2007 PG-13 109 minutes

Tuesday, July 22 Orchestra Rehearsal
Directed by Federico Fellini, this film depicts an orchestra as a microcosm of a troubled world. (English subtitles)
1979 R 72 minutes

Saturday, July 26 Notting Hill
(Julia Roberts, Hugh Grant) A chance encounter brings together a reserved bookstore owner and a Hollywood superstar.
1999 PG-13 124 minutes

Tuesday, July 29 House of Sand and Fog
(Ben Kingsley, Jennifer Connelly) An emotionally unstable woman obsesses over a house she has lost through a sale to an Iranian colonel. Complex relationships ensue.
2003 R 126 minutes

August Movies

Tuesday movies selected by Sita Smith and Peggy Patterson, Saturday movies selected by Bob Gist and John DePrine.

Saturday, Aug 2	Marie Antoinette
Tuesday, Aug 5	Philomena
Saturday, Aug 9	The Man Who Never Was
Tuesday, Aug 12	The Monument Men
Saturday, Aug 16	The Walker
Tuesday, Aug 19	The Invisible Woman
Saturday, Aug 23	Made of Honor
Tuesday, Aug 26	August-Osage County
Saturday, Aug 30	The Winslow Boy



Mother Robin snuggled her nest this year into a comfy spot atop a light near the R-1 approach to the the Center. Photo by Erroll Hay

VOICE OF THE RESIDENTS

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Wow! Look at that double rainbow and how the colors are reversed. Voice photographer Erroll Hay spotted the rainbow at 7:20 p.m. May 3. The picture was taken looking east over Copper Beech Road from Cluster D. Erroll said he's only seen a double rainbow once before.